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Privilege to vote

Our system is a good one.
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Getting a taste

Elementary students visit high school.
Page 16

Music awards

Showcasing Niagara's talent.
Page 10

Poker run

Helping six-year-old girl.
Page 19

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INPORT NEWS

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■ VISIT: NDP leader stops in Jobs top Layton's list

MARYANNE FIRTH
InPort News Staff

WELLAND — Job creation is at the top of Jack Layton's to-do list.

The New Democratic Party Leader spoke to a standing-room-only crowd at the CAW Hall last week, where he shared his plan to both create and protect jobs with residents of the coveted Welland riding.
See LAYTON | page 2

■ FESTIVAL: Shakespeare celebrated

Bard's words brought to life

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Students took Shakespeare off the page and brought the bard's words to life in the hallways and auditorium of Lakeshore Catholic High School last week.

In the main hallway of the school, there were exhibits on topics of the times — such as fashion, food, religion, math and witchcraft — and a student performance including traditional dance, song and acts from various Shakespeare plays. "We're looking at things related to the Elizabethan period, like the Black Plague and how that would have affected Shakespeare's plays," said Louisa Ibbotson of the school's English department.

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DAVE JOHNSON Staff Photo

Students at Lakeshore Catholic High School brought Shakespeare to life last week through performances on stage and displays in the hallways.

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FESTIVAL

Many departments involved in program



DAVE JOHNSON Staff Photo
Students at Lakeshore
Catholic High School brought
Shakespeare to life last week.

LAYTON

FROM PAGE 1

Though Shakespeare is taught in English courses, Wednesday's event, which was first put on two years ago, involved all departments.

"It's a cross-curricular approach to teaching Shakespeare," said principal Dan DiLorenzo.

He and Ibbotson said the history, math, religion departments and even the culinary arts program were involved.

"The math department had mathematicians from that time period, the culinary departments were making food relevant to those times and the religion department had a display of Catholicism," said DiLorenzo.

He said Ibbotson, English teachers and all of the departments did a great job of putting the day together. It made the students appreciate Shakespeare," he said. Ibbotson added that everyone in the English

department, the other departments and school administration were all very supportive of the festival.

"The kids were very excited, it's fun to see," said Ibbotson.

She said the exhibits and performance helped take Shakespeare off of the page, away from being two dimensional and made them three dimensional and far more relevant to today.

"Students could immerse themselves in the culture and history."

While the exhibits were on display, in the school's auditorium students performed parts of various Shakespeare plays. Plays that were featured in the performance, which lasted just more than a half-hour, were Macbeth, Romeo and Juliet, A Midsummer Night's Dream and The Merchant of Venice. Students, parents and teachers and students from the high school feeder schools were able to catch one of three performances on Wednesday.

In addition to the students acting, there were jugglers, singers and students playing trumpets and flutes. The performance showed topics in Shakespeare's plays — things like jealousy, love and ambition that still have relevance today, she said.

"It's a good performance ... some of these students have never been on stage before."

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wellandtribune.ca

Families 'suffering right under Stephen Harper's nose': NDP leader

FROM PAGE 1

But not without first addressing what he believes has left Ottawa "broken".

"Prime Minister Stephen Harper) promised to make your jobs his No. 1 priority. Do you remember that?" Layton asked the crowd.

"Sure do," he said.

"I remember in the 2008 campaign — John Deere, 800 family-supporting jobs that got shipped south and Stephen Harper wouldn't even talk about it."

"Candy cigarettes" one crowd member yelled, referring to Harper's 2008 visit to Welland when his topic of choice was flavoured tobacco products instead of closure of the 100-year-old factory.

"When the prime minister comes to Welland and doesn't talk about jobs, we know Ottawa is broken," Layton said.

There are another 300 jobs heading south when Hennigens Automotive closes at the end of the year, he noted, also referencing the closure of Canadian and two Smuckers facilities in the area.

"Closure after closure, layoff after layoff and what do you get? People out of work and families really suffering right under Stephen Harper's nose."

Layton said Harper's job plan involved tax giveaways to "big banks, the big oil companies, even companies like John Deere who took the tax cut and then sent the jobs out of Canada."

"There wasn't even a requirement that one job be created to What kind of a jobs policy is that?"

It's family-supporting, middle-class jobs that community strength is derived from, he said.

"Those are the ones that allow people to get out and support what goes on in the community."

"When these jobs are lost, it really tears the heart out of the community," he said.

Layton told the crowd he recently heard from a woman whose grandfather worked at Hennigens for 45 years. "It was because of that job that her grandfather was able to support her mom and put her brother and her through post-secondary education."

"Stories like that are repeated thousands of times in this community. When you lose those jobs, you lose that ability ... to support those young people in their education, or to support the community projects."

Canadians deserved a prime minister "who will put these political games aside and who



MARYANNE FIRTH Staff Photo
New Democratic Party
Leader Jack Layton shares
his job creation strategy with
Welland residents who
packed into the Welland CAW
Hall for a town hall meeting.

will help our family to get ahead," Layton said.

"I'm running to be that prime minister," he said, committing to strengthening retirement security, fixing employment insurance and taking "action to improve your front-line health care."

"And as your prime minister — mark my words — I will fight like hell for your jobs."

Jobs will come from awarding "Canada's real job creators, not companies that ship jobs overseas," Layton said.

He plans to restore Harper's "reckless corporate tax cuts," cut taxes for small businesses and provide "targeted incentives" for new plants and equipment to keep jobs in the region, as well as a \$450 tax credit for every new job that's created.

Layton also plans to develop a national shipbuilding strategy to "grow our shipyards right across Canada and right here in Port

Coburne"

"These are my commitments to you in this election. I'll get practical results for you in the first 100 days and I won't stop until the job is done."

Ridings such as Welland, are "proof," Layton said, "that it pays to have strong New Democrat MP on your side."

He called on riding constituents to re-elect MP Malcolm Allen, who during his time in office was "on his feet fighting every day" to help "pass a landmark motion to stop job-killing takeovers."

Allen also successfully fought to secure the \$1-billion Employment Insurance boost to help "those who lost their jobs because of workers who were laid off and weren't able to get a job before their benefits ran out," Layton said.

"Malcolm and this whole (NDP) team are real fighters for your families and this region here."

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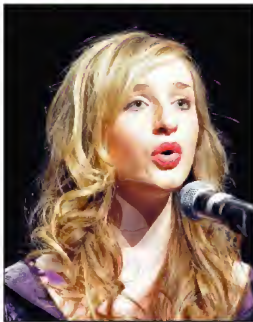
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portraits

Shakespeare at Lakeshore Catholic H.S.

DAVE JOHNSON Staff Photos

Students at Lakeshore Catholic High School brought Shakespeare to life last week through performances on stage and displays in the hallways.



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Ourview

Get out and vote

Monday we head to the polls to elect the next government of Canada.

Unfortunately, as InPort News' George Duma points out in his column today, the number of people who vote in this country shrinks each election.

In 2008, just under 59% of Canadians headed to the polls to put Stephen Harper and his Conservatives in power.

Like Duma, we wonder why numbers keep falling in Canada. Is it because people figure someone else will vote? Are voters not happy with the choices they have? Do they figure it's not worth voting?

Voting is privilege we all enjoy and one that can't be taken away from us, unless we let it be taken away. Being a democracy, we do have the option of not voting, but we can't understand why people don't.

We complain about our governments, be they local, regional, provincial or federal, all of the time, and how they don't do anything for us.

And yet when given the option to remove those who we feel aren't helping us, we don't even bother to show up at the polls.

People in Tunisia, Egypt, Syria, Yemen, Bahrain and Libya have fought, and are still fighting in some cases, for more free and open governments. The people were sick of being held down by their governments. They wanted the opportunity to be free and have governments that truly represented them.

And, and continue to do so, for the opportunity, the privilege, to vote, to be a democratic nation.

Yet, here in Canada, we don't even bother to get out and vote.

There are countries in the world where voting is compulsory and people are fined if they do not vote. And yes, they are democratic nations.

Some would argue forcing people to vote and fining them if they don't isn't a very democratic. Maybe it isn't, but it works on some level.

Would something like that work here in Canada? We're not sure whether it would or not, but maybe it's an idea that should be considered if the number of voters drops.

Take the time this weekend to look into all of the people running for the Welland riding seat on Monday. Fit as anything they say resonates with you, whether it fits with what you believe. Look at what they say they'll do for the country. Determine if that's the course you want to see Canada take until the next election.

Then on Monday, get out their and vote. Exercise your right and help keep democracy alive in Canada.

I'VE BEEN THINKING

Jonah and the Sovereignty of God

PASTOR GARY TOMIUCK
Itinerant Preacher, attending Wainfleet
Christian Congregation Church

This familiar story is not so much about a whale (large fish), in fact this story is not much even about Jonah himself. And although he has a very important part to play in it, it is in essence all about God. It is about God's absolute sovereignty.

1. God's sovereignty and Direction. Jonah upon being told to go to Nineveh (Jonah 1:21) went in the opposite direction in a ship to Joppa. (Jonah 1:3), but neither Jonah nor David nor we nor anyone can get away from God. If we could fly to the highest heavens God is there. If we can make our bed in the deepest places of the earth, God is also there. God is omnipresent, (everywhere present).

2. God is also sovereign in Creation. God creates a powerful wind verse four. It was so severe that He told these pagan sailors to throw him into the sea. And it became calm at once. It looked like it was all over for Jonah but God the sovereign creator in His perfect timing appointed a great fish to swallow him. (Jonah 1:17) but we must not be up by the SS Minnow but by God's aquatic limousine service. (A large fish).

Why? Jonah like the Apostle Paul after Him was appointed to fulfill God's

commission. In Paul's case to stand before Caesar in Japheth's case to go to Nineveh, Jonah is safer in the belly of this fish with God.

than he would have been in the belly of that boat without God. He was in this fish for three days and nights. He then prayed and God appointed the fish to spit Jonah onto the beach.

Now the bleached one would proclaim God's judgement on the Ninevites. Then this great cut of over 120,000 people fasted repented and were saved.

3. God is also sovereign in Salvation. Jesus said to his disciples... you did not choose me but I chose you (Divine Sovereignty). And no-one comes the Son unless the Father draws them. (Divine Sovereignty). Why? (Ephesians 2:1) we were dead in our sins. (Divine Sovereignty). Then Jesus also said "whoever will come to me, He will not cast out" (Human Responsibility) Joshua said choose this day whom you will serve. (Human Responsibility)

If they turn from their wicked ways this is the mystery of paradox divine and human will working together. This is the theme of this book evangelism and the sovereignty of God. God saved Nineveh by the instrumentality of Jonah preaching and the whole city repenting, and Jonah became so angry that he asked God to kill him. But the Lord still poked out his never ending mercy on

Jonah.

God appoints a plant to shield Jonah from the heat (4:6). God appoints a worm that eats this plant so that it withered away (4:7).

Then God appoints a scorching wind until Jonah grew faint and wished to die again (vs 8). Then the Lord rebuked Jonah saying you care more about this plant than 120,000 souls each of whom the Bible says are more important than the whole world.

God is in control of the largest things faith — while to the smallest things — a worm.

Let's not look at the progression of sin which always leads backward. Jonah went

Down to Joppa (1:3). He was asleep Down in the ship (1:5). He sank Down in the sea. (2:3). And if people do not repent they will sink all the way Down to the Depths of Hell itself. Are you like Jonah? Have you bought the ticket and paid the fare? And are you also going in the wrong direction? Are you sleeping

away with the wrong ticket to the wrong destination? If so, there will be pay day someday for the wages of sin is death.

If you are a Christian, love your Nineveh (your city). Be compassionate like God who wants no-one to perish. And then say with Isaiah "Here I am Lord-Send Me!"

readers' views

Windmills benefit Niagara

I'd like to take the time here to correct some misguided points made by Andrew Watts in InPort News Staff, April 15, his reply to my previous letter in The Tribune.

I quote: "I think Ms. Caster should take the time to do some research." With all due respect, I think you should be more careful about what you write. You have no idea how much I know about anything. I suggest you need more education.

First of all, I do not "earn" for solar panels covering acres of good agricultural land." The only things I earn for are a cold glass of wine and a nice warm bed to rest in at the end of the day.

If you had done some research you would have discovered that in your native land, England, they have solar panels in the in the fields on

good agricultural land. They are up on posts, in the fields with the cattle grazing peacefully below them.

You call the windmills "monstrosities." Would you call another coal-burning generating station or a nuclear power plant here in, or near, Niagara a monstrosity? You mention these vague negative health effects: "Have you stopped to think of the real health effects that we have now like cancer?"

Niagara has one of highest cancer rates in all of Canada, do you think that perhaps coal-fired power stations in southwestern Ontario and the northern U.S. could have something to do with that? We have a steady southwest prevailing wind here in southwestern Ontario, good for windmills, not good for us to breathe.

As for property values I suggest you check other areas where they

have windmills and you will find nothing much has changed.

As for the concrete. It is not damped all over good agricultural land as you suggest. We put into the ground like a shaft to support the structure and only 5m diameter is actually on the ground.

Most people seem to know Mr. Watts that windmills and solar panels are not the whole answer rather, part of the solution.

Now for the oil. Did you know that they now have what they call a "whirlless turbine" which requires no oil?

The projects that are being planned now will give our job-starved area up to 300 new jobs for a few years and then 40 full-time jobs for maintenance — a great benefit for Niagara.

Valerie Caster
Wainfleet

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■ **VOTING:** Our system may have its warts, but it's still better than any other

Exercising our privilege on Monday



George Duma
BY GEORGE

We're voting Monday. Well, let's say some of us are voting Monday. Let's also say not enough of us are voting Monday. Somewhere over the course of history, we as a nation decided it's not important to get off our rear ends and get out to vote. I don't understand it. Back in 1867, on the first vote taken in a new Canada, 73.1% of eligible

voters cast their ballots. In the 2000, 2004, 2006 and 2008 elections, the numbers are somewhat different; 61.2%, 60.5%, 64.7% and, 58.8%, respectively.

And the obvious question is, why? Why, at a time when it is so much easier to get to polling stations than it was in the 1800s, are the numbers so low?

Why, at a point in our history where so much is riding on the future have we, as a nation, collectively decided to thumb our noses at the electoral process?

Back in 1990, I was privileged to be a part of Rotary Club Group Study

Exchange program. If you're unfamiliar with the program, it's basically a Rotary-sponsored opportunity for young people to see a different part of the world.

Following a grueling screening process, five young professionals are chosen to accompany a Rotary team leader on a four- to five-week expedition to another country or group of countries. Those chosen are not Rotarians, can't be Rotarians, though many become Rotarians upon their return home.

It's an amazing program. Participants stay in the homes of Rotarians in their host countries. So there is

much local knowledge on which to draw.

In 1990, my dear friend Ron Rossman and I were chosen to be part of the team from Rotary district 7090 — which spans Niagara and Western New York — that would be travelling to Central America.

It was an incredible journey, one with many high points, but the highlight for me was being in Costa Rica during that country's election campaign leading up to the

Feb. 4, 1990 vote.

Costa Ricans embraced their democracy. Perhaps it had much to do with the fact the country was surrounded by such autocratic nations as Panama and Nicaragua, with others like El Salvador and Guatemala not very far away.

An election campaign in Costa Rica, we found, was one long celebration. Think a Canadian team winning the Stanley Cup and that city's celebrants carrying on for weeks on

end, minus any violence or vandalism.

Throughout the country's largest city, San Jose, horns were constantly blaring and people were forever cheering, as they drove their vehicles, flying the colours of the two respective parties vying for the presidency.

There was the green of Carlos Castillo's National Liberation Party (PLN), the social democratic left-of-centre party.

See DUMA | page 6

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■ GETTING MISTY



Fog envelops Goderich Elevators and ADM Milling last week.

DAVE JOHNSON Staff Photo

■ DUMA

Leaders are void of vision

FROM PAGE 5

And there was the red of Rafael Calderon's Social Christian Unity Party (PUSC), the small-c conservative party.

Parading Costa Ricans would shout out the names of the two presidential candidates in an almost rhythmic manner. CA-STILL-O, CA-STILL-O, or CAL-DE-RON, CAL-DE-RON as they drove around their city. It was intoxicating, electrifying. I remember the constant stirring in my heart and the reaffirmation in my mind — these people really get democracy, its true essence. They actually realize how blessed they are.

But it was the politicians themselves who drew out this enthusiasm. Each had a clear direction where he would take his nation. Each had so much more than simple, so-called platforms — each had passion. And it was a joy to hear Costa Ricans debate those visions between themselves; depending on which side of the fence they sat. It was always respectful debate, but debate

nonetheless.

On Election Day, 82% of eligible voters turned out and Calderon's PUSC conservatives were handed a mandate to govern their country, but it wasn't by much. The vote result was 52% in favour of Calderon versus 48% for Castillo's PLN.

The entire process was not lost on any of the six of us who were part of that team travelling together. In fact, one of our team members from that 1990 journey was Byron Brown, the current mayor of Buffalo. Byron was slightly involved in politics at the time but he jumped in with both feet when he got home.

Despite the fact we also spent time in El Salvador, Honduras, Guatemala and Belize during those four-plus weeks, it was that election campaign that had the most staying power of the entire trip for me.

So back to our vote Monday.

We simply don't have a Castillo or Calderon running in this election.

We have Stephen Harper, Michael Ignatieff, Jack Layton and Gilles Duceppe leading the Conservatives, Liberals, NDP and Bloc Quebecois, respectively. With the exception of Duceppe and his ongoing zeal to break up the country — and how that isn't treason

has always been totally beyond my comprehension — the leaders of those parties are so completely void of vision for our amazing nation as to be laughable.

And even Duceppe's so-called "vision" is going nowhere. Quebecers are fucking away from him to Layton in droves. So much for that tired idea.

Our elections have become all about the win, the victory of getting elected.

Yet still, we have to vote. We must vote.

It's not perfect, this political horizon of ours. But what is?

To paraphrase Winston Churchill, democracy is the worst form of government on Earth — except for all the others.

So please, on Monday, get out and vote. Mark your "X" next to the candidate who best reflects your values.

Voting is more than a right. It's a privilege.

Just ask the Libyans. Or the Egyptians. Or the Cubans. Or ...

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He welcomes comments and column suggestions and can be reached at: gduma@coxco.ca



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Like all communication conduit, it ages with time. Artery and arterioles is a high pressure system. It's wall is constantly stressed, it elasticity is stretched with increasing loads. Arterial walls are weakened by:

- 1) Everyday wear and tear
- 2) When the liquid medium density have changed
- 3) Undesirable deposits

As one gets older we all seems to lose the spring in our step. Likewise the non stop pumping and movement of liquids through the arterial blood vessels weakens the coil with time. This worsens when the fluid is burdened by unwanted Trans-fat and lipid stuff. These undesirable fat complexes are heavy, they increase the work load that the heart has work against and create an elevated force the arteries have to beat against. This also weakens the walls of the vessels. Finally, high consumption of salts and trans-fats deposit itself onto the arterial walls resulting in the narrowing of the vessel, a condition known as atherosclerosis of the arteries, commonly referred to as Arteriosclerosis. These unwanted plaques will be filled off by the



turbulent in the vessels, tearing of intima tissues and become a floating plug, causing strokes elsewhere in the body.

To prevent such scenarios, we recommend the use of Arterial Supreme for arterial cleansing. Bear in mind that this is on all natural herbal product not pharmaceuticals, and the ingredients take time to achieve its goals. One family of ingredients (ie, citrus peel) facilitates the elimination of water and unwanted ions. This lowers the working load and eliminates unwanted ions in the circulatory system thus making the blood less viscous.

The second family (garlic, and ginger) of the ingredients serve to handle cholesterol and fatty acids. These natural ingredients, through various mechanisms keep the lipids in liquid or oily state. We already know that cholesterol and fatty acids cause problems when cluck together and become a solid, blocking movement of blood to various organs. As long as the lipids stay in solution there is no atherosclerosis or blockage and no problems.

Finally, the third family of the ingredients (hawthorn berry, blonde prillium, ginkgo and Canadian ginseng) acts as a cleanser, repaire and rejuvenators of blood vessels. Through various mechanisms, the walls are gently scrubbed clean from unwanted plaques. Natural herbs stimulate the growth of healthy tissues and cells inside the

vessels repairing the damages caused by plaque. Furthermore, the energy ingredients - ginkgo and Canadian ginseng, replenish the springiness of the blood vessels promoting laminar fluid flow and not turbulent blood flow.

Some testimonials sent in by satisfied users:

"I have struggle for years with high blood pressure and high cholesterol. Since using the Arterial Supreme for the past three months the results are just fabulous. My blood pressure has normalized and my cholesterol has stabilized and my energy levels are better than less recent. In short, I feel great."

Today I continue to use the Arterial Supreme as a maintenance supplement." Thanks PBI Bill

To Mike & PBI

"A very Merry Christmas and a Healthy, Happy New Year! God Bless US. Thank YOU for the Miracles You have given to me. A VERY NEW LEASE ON LIFE! With your product Arterial Supreme. It's amazing, will continue to use & Promote. The world should knowabout this! Hope to See U one day."

"Peace and Love, Physics & Family."

"Since I have been using your Arterial cleanse product, my blood circulation has improved tremendously. I must also mention, I gave some to my husband to try and after taking it for a few days he noticed the swelling of his veins on his calves went down. Now he can walk for longer periods without the painful cramps."

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Thanks, Sylvia



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ALONG THE LAKESHORE

Friday, April 29

Murder mystery dinner show and dance. Special charity fundraiser for Heart to Heart Africa "Peace Through Education" at 6 p.m. at Club Italia, Niagara Falls. RSVP by Friday, April 22. Tickets 905-888-3618 or 905-357-2459. See hearttoheartafrica.com for details. Wheelchair Accessible.

Friday, May 6

Trivia night at First Lutheran Church, 688 Elm St. Doors open at 6 p.m., questions start at 7 p.m. Snacks, door prizes, pizza, and most of all fun. Tickets are \$15 each and can be purchased individually or assemble a team of 8 to 10 trivia enthusiasts. Reserve your table and buy your tickets at 905-835-8111; firstlutheranpc@gmail.com

Saturday May 14

Community Garage Sale to support beautifying the East Village from 9 a.m. to 4 p.m. at Community Living on McCrae St. In addition to a vast array of goods, come out and enjoy a BBQ, Silent Auction, Bake Table and Sports Equipment Swap. To donate items or for more information, please call 905-835-1914 or at the door. An alcohol free event.

PORT COLBORNE PUBLIC LIBRARY

Adult Knitting Classes: Spring Session. Tuesdays until May 17 at 7 to 9 p.m. and

Thursdays from March 31st to May 19th at 1 to 3 p.m. For more information or to join the Knitters' Club, call Vicki Fretz at 905-835-5373.

Kids' Yoga with Nadia Esposito. For ages 4 to 11, Tuesdays from 4 to 5 p.m. Two 5 week sessions beginning Tues., April 12th to June 14th. Cost is \$20.00 per session pre-paid, or \$5.00 per drop in. To register call Nadia at 905-329-3841.

Rise & Shine Yoga with Heather Jones: Current session runs Wednesdays, March 23rd to May 4th, 9:30 to 11 a.m. Hatha yoga - all levels. Punch Cards only. Call Heather at 905-932-6061.

Small Hands Studio: Art Workshops for Children. With Kelly Langley Davies. Painting, drawing and sculpting. Mondays, 6 to 7:30 p.m. Ongoing classes until June 27th. Each five week session costs \$65. Save \$5 per child when you book two or more siblings in the same session. Call Kelly at 905-834-8483 for more information.

Films for seniors presented the first Wednesday of the month from Oct. to May @ 1:30 p.m. in the Auditorium. Free admission and refreshments.

Art in the Atrium: "This That & The Other", prints by Doug Carter on display in the Atrium until July 3.

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■ **NIAGARA MUSIC AWARDS:** Great local artists receive recognition

Showcasing Niagara's talent

DAVE JOHNSON
Tribune Staff

PORT COLBORNE—Niagara is overlooked when it comes to the music scene, but at one time it was a hotbed of venues and artists.

Jack Mitchell of Capital M Productions recalled that in the 1980s there were many clubs in the region where bands could play and the music scene was thriving, adding that bands such as Honeymoon Suite and Brighton Rock came out of Niagara.

"All musical genres were doing well at the time... but those days are gone forever. All of the big venues have disappeared and there's no name for a band that made a name for itself, unless it does its own promotion or puts on its own shows."

Mitchell said there have been some bands in Niagara that have gained national and international attention in the past decade or so, bands and artists such as Attack in Black, Aleosinfire and Dallas Green of Aleosinfire.

Despite the bands of the '80s and the more recent bands and artists and the attention they've received, something was lacking in Niagara and it was recognition. No one was looking at other great artists from the region.

It took a meeting between Giant FM's sales manager Peter Allen, Mitchell and his partner, Morgan Whelan, to change that.

"We were meeting with the sales manager and looking to do some productions together," Whelan said.

During that meeting she asked Allen and Mitchell if there had ever been an awards show for Niagara musicians. Both men said no.

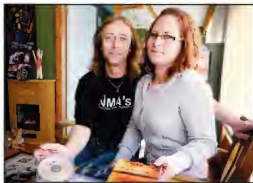
From that meeting, the Niagara Music Awards were born.

Whelan said at first the two weren't sure whether local musicians would support the awards, but they did. That was four years ago, and the awards show has grown and grown.

There are now 28 categories for musicians to enter, such as female and male vocalist of the year, songwriter of the year, rising star award, original song of the year, folk group of the year, jazz group of the year and many others.

Mitchell and Whelan said there are more than enough artists in the region to enter the categories, with the pair receiving up to 400 submissions, either via e-mail or dropped off at the door of their business at 80 Fraser St. in Port Colborne.

Though a number of artists have already sent in their submissions, Whelan knows there will be a flood coming in before the Thursday, May 12, midnight deadline. Mitchell said the one year, the two sat in their store and a musician came knocking just after midnight. He accepted the submission and said the



Jack Mitchell and his partner, Morgan Whelan.

person had literally just finished his work and rushed to get in. Mitchell said there a lot of great sound studios in the region that bands use for recording their work.

"It's state-of-the-art stuff and the quality blows me away," he said. But he said artists can get by recording and producing on a laptop, with the right software.

"You can hear the difference, though."

And the quality of a recording can make all the difference when it comes time to judging work that's up for an award. Whelan pointed out judges all come from the Canadian music industry and include musicians, club owners and promoters, sound engineers and music label owners.

This year's judges include Lou Molinaro, co-owner and talent buyer of Hamilton's This Ain't Hollywood live music venue and host of an award-winning weekly radio magazine called *Lou's Control* on IND 101; Ralph Alfonso, who managed Canada's first punk club in 1977 and the first Canadian punk band signed to a major label, was director of press and promotion at Attic Records and founded Bongo Beat record label; Sean Russell, owner of Targents North Music which is a record label/artist management and music publishing company based in downtown Toronto and who has worked with bands like The Trevis; Michael McKays, founder and owner of a music production company called The

Grove Productions and who toured across Canada and North America with a band called The Boys for 10 years; Lance Schibler, a recording engineer at Imprint Music in Toronto; Lisa Miller, former vice-president at Bulseye Records for six years and who has worked as a producer, promoter, publicist, radio tracker, video director and editor; Dulce Barbosa, who under her own management company.

Manage DAT, worked with Our Lady Peace; Barb Sedun, who spent 16 years with EMI Music Publishing in Toronto and was instrumental in a number of major Canadian signings for EMI, including Mo'Nique, Matthew Good, Billy Talent, Three Days Grace, Sum 41 and The Mannequin; and Bill King, a pianist-composer-publisher who is also a two-time recipient of the National Jazz Award producer of the year.

"These are high-calibre judges," Whelan said, adding judges will watch every single submission on Saturday, May 21, with that event is open to the public as well as the artists.

One thing that being done differently this year with the judging, though. Whelan said instead of throwing out the critique forms from the judges, artists will now be able to pick them up and see what was said about them and their submission.

"We may be opening up a can of worms here," Whelan

added. The two say the critiques may be harsh, but it can give artists an insight into why they weren't chosen and can help them improve. While artists may be able to improve after seeing the critiques, so to can the Niagara Music Awards.

"Ninety-eight per cent of the feedback we receive is positive. We always have some skeptics," said Mitchell, a musician himself, music teacher and soundman.

Whelan, an event planner, said the two have no problem with criticism as long as it's positive. She pointing out changes have been made to the show since its inception.

Support for the show has also grown over the past four years with radio stations, OLG and many others sponsoring the show and awards. Leading up to the event, the two have planned the Musicians Open Golf Tournament, which will take place Saturday, May 22, at the Greens at Brock.

The tournament will raise funds to help offset the cost of running the award show.

"We've had huge support," said Mitchell, adding without sponsors and many volunteers, the show, which this year is set for Tuesday, June 14, at Frank Doherty Arena in Thorold, would not be possible.

For more information visit www.niagamusicawards.com

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■ **WAINFLEET:** Candidates meet at fire hall

Jobs among topics at Welland riding forum

MARYANNE FIRTH
MP for New Staff

WAINFLEET — Welland riding candidates are re-entrenching their parties' plans for job creation as the federal election draws nearer.

About 60 people gathered at Wainfleet Fire Hall to listen to candidates plead their case as to why they should be elected in the MP seat May 2 during an all-candidates forum staged last Wednesday night.

All seven hopefuls were present for the discussion hosted by Port Colborne-Wainfleet Chamber of Commerce, including incumbent New Democratic Party MP Malcolm Allen, Independent Green Party, Liberal John Maloney, David VanGoolen of the Christian Heritage Party, Conservative Leanna Villella, Ron Walker from the Marxist-Leninist Party and Robin Williamson of the Green party.

Panelists — including John Edwards, John Mayne and Patrick Noonan — provided questions to candidates about job creation, poverty reduction, health care, the environment, increasing the Canada Pension Plan and efforts to assist businesses.

"Protecting companies is something that I've been asked about quite frequently," Villella said, and "whether the government can intervene and protect a company or set legislation — that all remains to be seen."

The riding, she said, is lacking direction between existing levels of government and companies.

"When you create dialogue

and you create a relationship it makes it a lot more difficult for somebody to pull that rug out from under them."

If elected, Villella said she plans to host roundtable discussions between ministers and companies from various sectors to encourage them to work together.

Said Allen in response to Villella's comments: "We talked to John Deere. At least we tried until they slammed the door in our face."

"That's the kind of dialogue you get from large corporations," he said, adding Herington Automotive had a lack of communication with city officials. "They don't want to talk to you about their plans. They make decisions and then simply implement them. What you need is legislation that doesn't let them walk away."

It's small businesses, not the big companies, that are going to create new jobs and hire folks right across this country," Allen said.

The NDP's plan includes lowering the small business tax rate from 13% to 9% and providing a \$4,500 tax credit for each new employee hired, he said. A \$1,000 retention bonus would also be offered for employees kept beyond 12 months.

In an effort to assist small- and medium-sized businesses, the Liberals introduced a program for youth hires between the ages of 16 and 25.

The program offers a "premium holiday for EI payments," which not only helps businesses with costs but also provides

incentive to hire youth within the community, he said.

As Canada continues to recover from the recession, there "may not be an awful lot in the EI account," Maloney said, but while quick to add the Liberals plan to address that deficit.

"Eventually we'll get back to a surplus position with the EI. We would then try to keep the EI premium stable, if we could reduce them we simply would."

Part of the reason why Game decided to throw his hat in the election ring was to push for more assistance for small- and medium-sized businesses.

The HST "was not fun" for small enterprises, he said, adding that as an electrician by trade, he witnessed first-hand the impact it has had.

For many in trades, and other types of businesses, the increase meant fewer customers calling while the bills pile up, he told the audience.

"My intention is to bring these things to light. I'm not happy with governments who can just turn people's lives upside down in a heartbeat by changing legislation to suit their needs."

Williamson believes jobs will come from "producing the

goods that we will rely on in the future."

The long-term vision of the Green party, he said, "looks way ahead" at job sustainability not only over the next four years but for decades.

Walker said people "who create the wealth" in the country need to be brought into discussions while the government is creating its budget.

"They should explain the needs of their particular enterprises and the government should work with them in order to achieve the necessary results," he said.

Said VanGoolen, "We need less government involvement in these small businesses."

Tax breaks need to be provided to small businesses, he said, so they're able to start up and hire workers "without going bankrupt in their first year."

"The costs are too high for these companies to start out. It's cheaper to manufacture the goods elsewhere, where the product is cheaper or labour is cheaper."

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■ **COMMUNITY:** Real estate agency holding Niagara-wide food drive

Regionwide initiative helping to feed local needs

DAVE JOHNSON
Tribune Staff

PORT COLBORNE — Next Saturday Royal LePage is teaming up grocery stores across Niagara for a one-day food drive to benefit area food banks.

In Port Colborne, the real estate agency will be working with Food Basics and Sobey's, Jeanette Rinderlin, a Royal LePage sales associate and the event's organizer, said.

"We did one in December and it was a huge success," she said. That Niagara-wide event raised 15,000 pounds of food for local food banks. Rinderlin said instead of holding another food drive around the Christmas season, it was decided to do one in the spring.

"Most food banks' supplies are depleted in the spring and fall months, so we decided to hold one near Easter and we'll hold one

Our office took part in the challenge and lived off the food bank diet for three days."

Jeanette Rinderlin
sales associate, Royal LePage

around Thanksgiving as well to help restock the shelves." She said all of the food donations will remain in the community in which they were collected.

In Port Colborne, everything will go toward Port Cares.

"We've asked each what food bank needs and will be handing out lists to people."

People entering Food Basics or Sobey's next weekend will be given a flyer showing what's needed and will be able to drop off any food items inside both stores.

"We'll have people inside and outside both places," Rinderlin said.

Food Basics manager Jeff Millejous said he was approached by Rinderlin, who wanted a drop-off location for the food drive and was happy to take part.

"We said we'd give them bags to put the food in and help take the items out to their vehicles. I'm sure we'll have some other things to donate as well."

Millejous said more awareness of food banks is needed and said many are in desperate need now.

Rinderlin said there is a growing awareness of the need for food banks and donations in the area.

One of the reasons Royal LePage became involved was due to the Food Bank Diet Challenge held earlier this year.

"Our office took part in the challenge and lived off the food bank diet for three

days," said Rinderlin, adding it was quite the challenge to survive on some of the everyday items users of food banks are given.

Items needed for the local food bank include canned pasta, such as AlphaGett and ravioli; stew, peanut butter, rice, canned fruit, canned brown beans, dry soups, juices, canned tomatoes, canned fish and meat, powdered milk, sugar, instant coffee, tea as well as such hygiene items as shampoo, razors, shaving cream, toothpaste and toothbrushes, deodorant, bar soap, toilet paper and feminine hygiene products.

More information on food drive locations across Niagara can be found at www.homesniagara.com/fooddrive.

djohnson@wellandtribune.ca

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■ **BASEBALL:** Positions need to be filled

Players, coaches sought in Wainfleet

JESSE CARTER
For InPort News

WAINFLEET — Playball! Wainfleet Minor Softball is encouraging youth aged four to 16 to come out and play ball this season.

Shelly Dressel, the association's president, has been volunteering for Wainfleet for more than a decade and said she is just "trying to keep baseball going" for all the boys and girls in the township who enjoy spending time playing on the diamond.

There are currently 12 players signed up with a lot of positions still needing to be filled.

Registration is \$35 per player, which includes a \$10 shirt fee. Anyone interested in playing has until Sunday, May 1, to register at the Wainfleet Public Library.

They are also urging coaches and assistant coaches to come sign up and volunteer for the

season. "It's about getting the kids out playing, and having fun with no TV or computers. We need people to come out and help," Dressel said in underscoring the need for volunteers.

The association recently hosted a free skate where registrations were being accepted but was disappointed with the turnout. Dressel has even stated to approach schools so they will hand out registration forms to students but run into a snag because the boards first had to approve her request.

Dressel said she doesn't know why the numbers aren't there. However, while the low registration to date is discouraging, Wainfleet Minor Softball is committed to fiddling a program for those who do want to play.

Jesse Carter is a Niagara College Journalism student on a work placement at InPort News.



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DAVE JOHNSON
Staff Photo

A group of Red-breasted Mergansers take off inside the bay at H.H. Knoll Lakeview Park.

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"What are cold sores and how do I get rid of them?" This is a common question asked by many people. Cold sores are caused by the herpes simplex virus (HSV-1). This is not the same virus that causes genital herpes but they are related. There are estimates that 80% of the population carry the virus and 60 million people have out breaks once or more per year. The virus is contracted by an individual when they come in to contact with another individual who is infected. Usually young children get them from relatives through kisses, or touching their faces after coming in to contact with the virus with their hands. Some people carry the virus but never get an actual cold sore. It is when people have the actual cold sore that they are contagious. Once you have contracted the virus you can never get rid of it. However, there are many treatments for cold sores and some steps to take to prevent an outbreak.

The main prescription cream is called Zovirax. The cream works by preventing DNA replication of the virus. Similarly there is an oral medication by prescription called Valtrex. This is taken as a dose of 2 grams twice a day for two doses. It has been shown to shorten the duration of a cold sore episode by one day.

There are many non-prescription remedies on the market. One of the most expensive but proven effective creams is called Abreva. This cream works by preventing the spread of the virus from cell to cell. It has been shown to improve healing time by about 17 hours compared to placebo.

Another cream which generally seems to help healing is Super Lysine Plus +. Lysine can also be taken orally and seems to reduce recurrences of herpes infection and reduce the severity and healing time. It is thought that lysine works because it competes with arginine, another amino acid, for uptake in to cells. Arginine is used by the virus for replication. If you have more lysine than arginine in your cells you have less virus production.

Chocolate and nuts are rich in arginine if you are a cold sore sufferer you may want to avoid them. Vegetables, fish and dairy are lysine rich foods and may help you avoid a cold sore breakout. There are a number of other creams on the market. Lipactin, Zilactin-L and ACSO. There are cost differences between them and they work in different ways. ACSO is the most expensive and works by drying the blister. Some of the others specifically treat the pain of the blister but may not shorten its duration.

If you are a frequent sufferer of cold sores its best to talk to your doctor about which of the above treatments would be best for you. You want to make sure you have your cold sore treatment ready because most of the products work best at the first sign of the cold sore, (usually signalled by a tingling or burning sensation where the blister breaks out). If you know what triggers your cold sores, try to avoid them. Some individuals say that sun, oranges, chocolate and lipstick are their biggest triggers. If you feel a cold sore coming on avoid direct contact with other individuals. Teach your children to avoid sharing drinks, lip balm, and lipstick so they can avoid contracting the virus. If you would like any more information on the above products please come and talk to your pharmacist.

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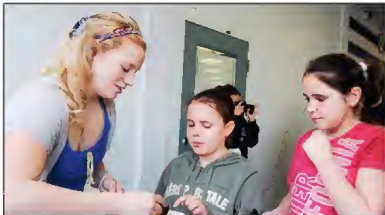
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FEEDER SCHOOLS: Elementary school students visit Port High



Culinary arts student Megan Dendy and teacher John Raso help a Grade 4 student with pizza toppings during the Bear Cub Fit Club day at Port Colborne High School.



Port High's Sarah Burger, left, helps Steele Street school students Brookelyn Barkley, middle, and Logan Tworczyzk, with toppings for their pizzas on Wednesday at the high school.

DAVE JOHNSON Staff Photo

A taste of high school life

InPort News Staff

PORT COLBORNE — Grade 4 students from Wainfleet and Port Colborne got a taste of high school life and a tasty pizza, last week at Port Colborne High School.

Principal Nigel Evans said it's the second year the feeder schools — Winger, William E. Brown, McKay, Oakwood, DeWitt and Steele Street — have come to the high school.

"It's our Bear Cub Fit Club. It gives students a little flavour of high school life and gets them used to being here," said Evans.

Students showed up at the school, on Elgin St., around noon and headed straight for the cafeteria.

They were met by Evans, various teachers and students from the culinary arts program, led by teacher Joel Culliford.

Each school was set up at different tables and at the head of the table were whole wheat pizza shells, with various toppings such as peppers, cheese, pepperoni and mushrooms. Students were able to top their own pizzas.

While the pizzas were being cooked, the students were taken to the gym.

There, Evans said, the students would have some musical entertainment and

then all join in a large dance with moves choreographed by dance teacher Amy Converter.

Evans said by the time the students were finished in the gym, the pizzas would be cooked and ready for them to enjoy.

He said the pizzas and dancing in the gym fit in with the various health promotions the schools are following.

EDUCATION

Port students headed to Japan

For InPort News

PORT COLBORNE — This summer Port High students Ian MacKinnon and Kyle Wittmair will be travelling to Japan for a basketball exchange.

Wittmair said that going to Japan will be, "a great opportunity and an amazing experience."

In late July, the duo will be traveling with the Niagara International Friendship Exchange for Education program, also known as NIFE.

NIFE has been doing the Canada-Japan exchange since the early 1990's and has had over 1,200 families participate in the exchange.

Last year, Japanese high school students in the program visited Canada for a two week exchange. During the exchange the participants visited the sights of the Niagara Region, and of course, they played basketball.

This year the Canadian boys will get a taste of Japanese culture as the Japanese participants play host. In 2008, the last time the Japanese hosted the Canadians, the participants not only played basketball, but they took part in a tour of the capital of Japan, Tokyo. They also went to the Nagoaka festival,

which is a show displaying large and bright fireworks over the largest river in Japan, the Shinano-gawa.

NIFE is not purely an exchange for boys, girls participate as well. However, this year there were some complications with the girls team, and the Canadian girls will not be joining the boys in Japan. Instead, the Japanese girls will be playing the role of host in a very different way. Due to the recent disaster in Japan, the girls' school will be taking in students from schools that were devastated by the earthquakes.

NEW VEHICLE

LINDESE RIEDKE For InPort News

PORT COLBORNE — The transportation program at Port Colborne High School received a donation of an all-wheel drive Saturn SUV. The vehicle serves as a modern rolling test bed, representing computer software as well and mechanical hardware including all-wheel drive with electronic control.

The students will be able to service the SUV.

Senior students and the specialist high skills major students will use it for diagnostics and all-wheel drive repair. The student's in the program will be able to remove, test, inspect and replace different components in the vehicle.

The students and teachers at Port High would like to thank General Motors of Canada for their contribution and dedication to the program.

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■ **WRESTLING:** Show coming to town

Grappling for charity at Port show

JESSE CARTER
InPort News Staff

PORT COLBORNE — Niagara is being invaded. Kicking off its 2011 Invasion Tour at Westside Arena in Port Colborne on Sunday, May 15, is Championship Wrestling International (CWI).

"CWI is proud to bring its Invasion Tour to Port Colborne. Our roster of talent has made us the fastest-growing wrestling organization in North America today. Fans in the Niagara region are in for a unforgettable night," CWI president Nick (Nitro) Wyman said.

Some wrestlers scheduled to appear are Scott

(Big Poppa) Pump, The Highlanders, The Nasty Boys and Brutus (The Barber) Beefcake. Bell time is 8:30 p.m. and tickets range to \$39 from \$26 with a limited number of front row seats going for \$60. Fans purchasing premium seats will be treated to a bonus match and a meet-and-greet with the stars.

A portion of the proceeds of this show will go to charity.

Proceeding the show in Port Colborne, on Saturday, May 14, at the Brantford and District Civic Centre, will be the second annual Brawl in the Bush. Last year's inaugural event raised more than \$10,000 for such charities

as the Miles to Go Cancer support group and Big Hair for Little Kids. The promoter hopes to match that amount

at next month's show.

Tickets for the Port Colborne show are available at www.cwiwrestling.com.

com, Midtown Auto Repair in Port Colborne and the Port Erie Native Friendship Centre in Port Erie.

Jesse Carter is a Niagara College journalism student on a work placement at InPort News

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EYE EXAMS ARRANGED



Students hear political takes on tuition fees

Twitter: @
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Lesson is taught on importance of community

Lindsay Costello is a Niagara College journalism student on a work placement at InPort News

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■ **MOVING:** Track system to go in home

Poker run to help provide sensory room for six-year-old

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Kiesha Embrey will soon be able to move about her family home on her own.

It's an amazing feat for the soon-to-be six-year-old who was told she would never walk.

A feat made possible by support from the community who have embraced the young Port Colborne resident.

In the next few weeks, a ceiling track system will be installed in the Embrey household and Kiesha will get her Hopesa dress — a specially designed harness used to hold a child with disabilities upright. The Embreys were able to acquire the

equipment through a fund-raising poker run held last year and through support from March of Dimes.

The tracking system will assist with Kiesha's spinal problems, which have been worsening over the past year because she's unable to hold herself up.

She's also had difficulty with her sight and in November had her second cornea transplant.

To help stimulate Kiesha's vision and encourage use of her other senses, the Embreys are hoping to create a sensory room in their home.

To assist with the cost, the family is hosting its third annual poker run — this year called Ride for Kiesha.

The event will take place

Saturday, July 23, beginning and ending at SBB on Hwy. 20 in Stoney Creek. Tickets are \$20 and include a pig roast and live entertainment following the run.

Kiesha's mother Tammy said she's hoping to find local businesses willing to sponsor the poker run and assist with her family's cause.

For more information on sponsorship, contact Tammy or Chris Embrey at 905-835-5818 or e-mail kieshasmom22@hotmail.com.

More information on the event, visit the Ride for Kiesha Facebook page.

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COMPARE
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1.99
lb
3 Pkg Limit

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**OLD FASHIONED
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**OVEN ROASTED
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4.99 lb.

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SAVE
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**NEW YORK
STRIP STEAKS**

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LASAGNA OR
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SAVE
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3.99 2 lb. / 2.25 lb. tray
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